

## CLAIMS

### I claim:

1. A migraine treatment kit, comprising:

- a. at least two bags of black pekoe tea;
- b. two 325mg aspirin tablets;
- c. at least one teaspoonful of apple cider vinegar; and,
- d. at least one teaspoonful of honey.

2. A method for migraine headache treatment comprising:

- a. selecting a kit 10 containing at least three bags of black pekoe tea 15, 16, 17, two 325mg aspirin tablets 24, 25, at least one teaspoon (5 mls) or tablet of apple cider vinegar 30, and at least one teaspoon (5mls) of honey 40;
- b. heating at least two ounces of water until sufficiently hot for brewing tea bags;
- c. brewing at least two said bags of black pekoe tea 15, 16 in said hot water 50;
- d. removing said bags of black pekoe tea 15, 16 from said hot water 50;
- e. adding said aspirin tablets 24, 25, said apple cider vinegar 30, and said honey 40 to said hot water 50 to form a concentrated mixture 60;
- f. selecting a cup 70 with two to six ounces of ice 75;
- g. pouring said concentrated mixture 60 into said cup 70 to dilute and cool said concentrated mixture 60 for rapid drinking; and,
- h. rapidly drinking said composition 50.